

Safety & Total Health Day won’t be typical, but still useful

Recent changes in daily operations at JSC have altered this year’s Safety & Total Health Day from previous years. However, the event still promises to be interesting and educational.

“This will not be the typical Safety & Total Health Day we have had in the past,” said John Casper, Director of the Safety, Reliability and Quality Assurance (SRQA) office. “However, we can make this a worthwhile day if each organization re-focuses on the real reason we are standing down from normal duties—to emphasize safety, health and security.”

The most notable difference will be the number of exhibits this year compared to last year. Reduced from about 90 to 17, exhibits will be presented by NASA employees and a limited number of contractors and will be displayed at the Gilruth Center and the Teague Auditorium’s lobby.

C.C. de la Garza, SRQA’s administrative officer in charge of planning the day, said the recent changes have shifted their focus. SRQA is now adding in additional safety training recently required by upper management.

“It’s better for our employees because they need to know the extra safety training anyway,” she said. They also plan to play safety games in addition to the day’s other activities.

Managers and employees are encouraged to continue to check the Safety & Total Health Day Web site for updates and shuttle bus schedules at <http://sthday.jsc.nasa.gov>.

S&TH Day Q&A

Q: What can I expect from Safety & Total Health Day?
A wide variety of speakers and exhibits aimed at safety, health and security.

Q: Where are the speakers going to be located?
The speakers will be in Teague Auditorium in Bldg. 2 and the Bldg. 30 Auditorium.

Q: Where will the exhibits be displayed?
Exhibits will be located in the ballroom at the Gilruth Center and in the lobby of the Teague.

Q: Will there be a blood drive?
The blood drive will be located in the old gym of the Gilruth Center on Oct. 17-18.

Q: Will I be able to give blood and still participate in the Health Run/Walk?
Yes! All run/walk participants are encouraged to give blood on Thursday, Oct. 18.

Q: Who will win the George WS Abbey Award this year?
The award will be presented to the organization with the greatest participation in the Health Run/Walk. Last year’s award went to the Information Systems Directorate (ISD).

Q: What do I need to do to participate in the Health Run/Walk?
Log on to <http://sthday.jsc.nasa.gov/run/default2001.asp> and register.

Q: If I’m an off-site employee, can I still participate?
ONLY if you have a NASA badge. There will be shuttle buses to take you around campus.

‘HEROES’ tell consequences of bad choices

By Mary Peterson

Her name is Anita “Nita” Kaiser. Nita, in her 20s, is an attractive brunette with lanky hair and soft brown eyes who is college educated and charming. She also has a wheelchair that moves and a body that won’t.

Nita is a hero, but not in the terms of those celebrities to whom we often apply the term so casually. Instead, she is one of several traumatic injury survivors who re-live their nightmare and reveal their innermost feelings in the hope their stories will save others. They are part of the internationally acclaimed SmartRisk HEROES traveling show from Toronto, Canada. The show will be making its second two-day appearance at JSC during the Safety & Total Health Day event.

Alone on the stage, and with houselights dimmed, Nita tells her story in measured tones.

“It happened in 1996. My sister and I went on about a 100-mile trip to visit friends. On the way home, we smelled burning rubber and stopped at a service station. Although the attendant couldn’t really find anything, he said one of the front tires was low. He also said the tires were pretty bald and should be changed when we got home.

“We left and were driving behind a lot of slow-moving traffic. I decided to pass and, as I did, we had a blowout and I lost control. The car went over to the other side of the road and flipped over the side of a cliff.

“The next thing I remember was my sister’s voice calling my name. I was trapped and afraid the car, with its full tank, might explode. I knew my neck

was hurt, but I couldn’t move. I could only think, ‘Thank God it doesn’t hurt.’

“At the trauma center, the doctor said, ‘broken neck,’ and I was told I would never walk again. I cried the whole night and tried to sing songs in my heart.”

“A metal halo was screwed into my skull, and I was kept upright for two weeks. I never slept, because I was afraid I would quit breathing. I was filled with tubing and unable to communicate. I was in critical care for six weeks, followed by a year in rehab and recreational therapy.

“What hurts most is when I see my sister, my identical twin. It’s like looking at myself-only I can’t do those things.

“Thinking back, I can only blame myself. My boyfriend at the time had said I should replace my worn out

tires. But, I thought, they’ll make just one more trip. It was a bad choice.”

Heroes, as defined by the SmartRisk HEROES program, are those who put themselves on the line for someone else. “You too can be a hero,” Nita says. “You may even save your own life by the decisions you make, by using care in your choices and taking the smart risk.”

Backed by 7,000 pounds of high-tech equipment, HEROES is a powerful, emotionally stimulating program that will not soon be forgotten. Families, especially those with teen-agers, are urged to attend.

Showtimes at the Gilruth Center Ballroom for badged JSC employees and their families are 7 p.m., Oct. 17 and 18. For additional information, please contact Karon Woods at x34205. ■

EXHIBITS

- [OAO/ODIN Ergonomics Booth](#)
- [International Travel](#)
- [Travel Safety](#)
- [Occupational Health Services](#)
- [JSC Safety Training](#)
- [JSC Dental](#)
- [JSC Employee Assistance Program](#)
- [JSC Clinic](#)
- [JSC Safety Action Team](#)
- [Total Health JSC Wellness Program](#)
- [Breast Cancer Awareness](#)
- [Family Pets and Safety](#)
- [JSC Environmental Management System](#)
- [JSC Security](#)
- [Lockheed Martin Space Operations](#)
- [Diving Safety](#)
- [Crisis Hotline](#)

Safety & Total Health Day Speakers

Dr. Robert Conn is a children’s heart surgeon who will present his vision of helping people by focusing his energy on injury prevention than by remaining in an operating room. He is also the Executive Director of SMARTRISK. The SMARTRISK program will be presented at the Gilruth Center at the end of the day and is open to employees and their families. (10 a.m. - Teague Auditorium)

Don Clark is the former Special Agent in charge of the Houston Division, one of the FBI’s Top 10 Field Divisions. He coordinated the investigation and prosecution of the dragging death of James Byrd, and was in charge of the investigation and coordination to located the FBI’s top fugitive and accused “Railcar Killer” Rafael Resends Ramirez is currently employed at the Law Firm of O’Quinn and Laminack as a case strategist and also for KPRC -TV as an analyst and consultant on law enforcement and related issues. (11 a.m. - Teague Auditorium)

Terry Mathis is the President of Integrated Performance Technologies, Inc., and one of the nation’s most experienced and successful behavioral safety consultants, with more than 50 successful projects in mid-sized to Fortune 500 companies. Terry has authored numerous training programs and articles on safety, supervision and total quality management. (Noon. - Teague Auditorium)

Commander Matthew Sisson has served as the Operations Officer and Chief Instructor Pilot of Coast Guard Air Station Houston located at Ellington AFB since June 1999. Commander Sisson’s responsibilities at the Air Station include support of Search and Rescue (SAR), law enforcement and Environmental Protection over an area comprising 325 miles of coastline and 25,000 square miles in the Gulf of Mexico. His remarks will include recommendations for avoiding

emergencies and advice on not panicking when you are in an emergency. Commander Sisson will also discuss the seven points of survival that could save your life in an emergency. (1 p.m. - Teague Auditorium)

Trooper Steve Hargett is with the Texas Department of Public Safety. He returns to Safety & Total Health Day to discuss driver cell phone use, eating, applying make-up and what makes road rage so prevalent and ways to prevent it. (2 p.m. - Teague Auditorium)

Rondi Summers will give a presentation on Poison Safety. She is with the Southeast Texas Poison center at UTMB in Galveston. It will alarm you to know what products are in your pantry that may be extremely dangerous. (10 a.m. - Bldg. 30 Auditorium)

Dr. Mary Alvarez, a private doctor in Friendswood, specializes in the treatment of children diagnosed with developmental and psychological. She will focus on setting appropriate limits given a child’s age, listening to your child, consistency in discipline, dealing with anger when you’re frustrated and what you can do when your “buttons” are pushed. (11 a.m. - Bldg. 30 Auditorium)

Eric Sandberg, MD is an allergist with Kelsey Seybold Clinic in Houston. He practices medicine at the main campus on Holcomb and at the Clear Lake Clinic on Gemini. His presentation will address living with allergies in the Houston area, and he will present some methods and advice on controlling them. (Noon - Bldg. 30 Auditorium)

Dr. Donald Sprague, MD is Kelsey Seybold’s new project manager. He will talk about Menopause and Premenstrual Syndrome in Relation to Immune System Dysfunction. (1 p.m. - Bldg. 30 Auditorium)

Dr. Beth Files is a physician specializing in Obstetrics and Gynecology. Her field of research has been in osteoporosis screening. She will talk about strategies to help prevent osteoporosis for both young and mature women. (2 p.m. - Bldg. 30 Auditorium)